

# 5 a Day-Power Play!

## News



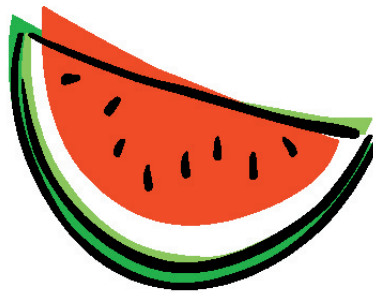
## March is National Nutrition Month!

This month, while homeowners are spring cleaning and students are preparing for spring break, many of us turn to getting back in shape. March is a great month to spring into action. Keep in mind, you don't need to do everything at once. Make moderation your goal—you decide how much and how often. Healthy eating doesn't mean feeling deprived or guilty. Look at the big picture, what you can eat over several days—not just one day or one meal—that's important. Put one or two changes into practice this spring, such as controlling your portion sizes or adding physical activity to your day.

Do you know what half a cup of vegetables looks like? How much is

3 ounces of chicken (see below for the answers)? Once you've learned portions, they stay with you forever. **Remember, children and adults need at least 5 servings of fruits and vegetables and 60 minutes of physical activity everyday for better health!**

For more tips on making fruits & vegetables fun, visit: [www.5aday.com](http://www.5aday.com)



Did you know that a watermelon can have up to 6 seeds and still be considered seedless?

## 5 a Day-Power Play! Campaign

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### Kid Corner

#### Can you guess the fruit or vegetable?

- I look like a fuzzy, oval-shaped ball. You can cut me in half and eat my green insides with a spoon. What fruit am I?
- I am a vegetable that's good for your eyesight. I grow under the ground. What am I?

## Know Your Serving Sizes

### Easy tips to remember serving sizes:

- A medium-sized potato should be the size of a computer mouse
- 1 cup of fruit is the size of a baseball
- 1 serving of dried fruit (1/4) cup fits in the palm of your hand
- 3 ounces of meat is the size of a cassette tape or a deck of cards
- 1 ounce of cheese is the size of 4 dice
- One large handful of snack foods (such as pretzels) equals 1 ounce

### Easy tips to include additional servings of fruits and vegetables to your diet:

- Make smoothies by blending frozen fruit, such as sliced bananas or strawberries, & low-fat milk, &/or 100% fruit juice
- Drink 100% fruit & vegetable juices in place of high-calorie drinks, like soda. Remember, 1 serving is 6 oz or 3/4 cup
- When it's snack time, grab an apple or orange, or make a ready-to-eat bag of sweet cherries or baby carrots

ANSWERS: 1) kiwi! 2) carrot

For more information about the *5 a Day-Power Play! Campaign*,

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Or visit our website at [www.sbcounty.gov/eatwell](http://www.sbcounty.gov/eatwell)